

## **ABSTRACT**

An adjustable dumbbell device includes a handle, a number of weights each having a channel to slidably receive an end portion of the handle, and a latch slidably engaged onto the end portion of the handle and engageable into the channels of a selected number of the weights, to secure the selected number of the weights to the end portion of the handle. A securing device may be used for securing the latch to the end portion of the handle, and includes one or more beams attached to the end portion of the handle, and a spring biasing catch may catch the latch to the beams or the end portion of the handle.